

Reference document 2 (CN1192858A)

Title: Thin wrappers made of dough and preparing method therefor

Abstract:

The present invention discloses a thin type wrapper and its preparation method. Said thin wrappers contain flour, egg white and salt, and are prepared according to the following steps in turn: stirring the flour, egg white and salt, kneading to obtain flour dough, cold-storing, rolling the cold-stored flour dough into thin type wrappers and steam-cooking. Such wrappers are as thin as the cicada's wing, and as soft as the silks and saints. The foods, such as wonton, steamed dumpling and dumpling made up by using invented wrapper material have the advantages of thin and transparent wrappers, good taste, rich nutrition, low cost and high grade.

Relevant disclosure in the description

The technical solution of the present invention concerns that a thin type wrapper primarily consists of flour, egg white and salt having a weight ratio of 1:0.35-0.45:0.02-0.03.

The method for preparing said thin type wrappers comprises the following steps in turn: stirring the flour, egg white and salt in said weight ratio, repeatedly kneading to obtain smooth flour dough; (2) cold-storing the flour dough in a refrigerator, (3) rolling the cold-stored flour dough into thin type wrappers and cutting into shaped wrappers; (4) steam-cooking said shaped wrappers. During the preparation, it is better to cold-store the flour dough in a refrigerator having a temperature of from -2°C to 2°C for 10-30 h, to entwist the cold-stored flour dough into strips and repeatedly roll into a shape with a rolling pole. Said egg white is the hen egg white, or duck egg white or other egg white.

The present invention has the following advantages. Since the flour, hen egg white and salt are stirred; the mixture is repeatedly kneaded to obtain

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flour dough; the flour dough is cold-stored in a refrigerator so that the flour, hen egg white and salt interpenetrate, the flour wrappers prepared according such method may be as thin as the cicada's wing, and as soft as the silks and saints. According to the present method, 500 g flour may be prepared into 1,500-2,000 sheets of wonton wrappers having a size of 5.5cm x 5.5cm, while only about 100 sheets can be made according to the prior art. The rolled flour wrappers are steam-cooked to solidify the protein therein so as to enhance the toughness thereof, and such wrappers are not easy to distort or paste with each other. Such thin type wrappers can be used for making the foods, such as wonton, steamed dumpling and various dumplings, and can also be used for preparing soup. The foods made up by using invented wrapper material have the advantages of thin and transparent wrappers, visible stuffing, good taste, rich nutrition, low cost and high grade, and will have stronger commercial competition.

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[71]申请人 王树秋

地址 226001江苏省南通市新桥北村73幢602室

[72]发明人 王树秋

[74]专利代理机构 南通市专利事务所

代理人 陈雅莲

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[54]发明名称 薄型面皮及其制作方法

[57]摘要

本发明公开了一种薄型面皮及其制作方法,它包含面粉、蛋清和盐,其制作方法依次是将面粉、蛋清和盐搅拌,揉成面团后置于冷藏室,冷藏后的面团擀压成薄型面皮,然后煮熟。这种面皮薄如蝉翼,软如绸缎,用它包制的馄饨、烧卖、饺子等食品,皮薄透明,吃口好,营养丰富、价格低、档次高。

权 利 要 求 书

1、一种薄型面皮，其特征在于：主要成份为面粉、蛋清和盐，其重量配比为：面粉1份，蛋清0.35-0.45份，盐0.02-0.03份。

2、一种制作权利要求1所述的薄型面皮的方法，其特征在于：制作工艺依次为：

(1)按重量配比将面粉与蛋清、盐一起搅拌，经反复揉合后制成光滑面团；

(2)将制成的面团置于冷藏室冷藏；

(3)将冷藏后取出的面团擀制成薄面皮并切割成形；

(4)将成形的薄面皮蒸熟。

3、根据权利要求2所述的一种制作薄型面皮的方法，其特征在于：将制成的面团置于-2℃-2℃的冷藏室10-30小时。

4、根据权利要求1所述的一种薄型面皮，其特征在于：所述蛋清为鸡蛋清。

5、根据权利要求2或3所述的一种制作薄型面皮的方法，其特征在于：将冷藏后取出的面团先搓成长条，再用擀面杖反复擀成形。

说明书

薄型面皮及其制作方法

本发明涉及一种食用薄型面皮及其制作方法。

传统的食用馄饨皮、烧卖皮、饺子皮等面皮，常用面粉和水搅拌后，用机器轧制成形，或用手揉成面团后，用擀面杖擀制成形，面皮比较厚，很难用它制作高档食品，营养也一般。

本发明的目的是：提供一种价格低、档次高、营养丰富的薄型面皮及其制作方法。

本发明的技术解决方案是：一种薄型面皮的主要成份为面粉、蛋清和盐，其重量配比为：面粉1份，蛋清0.35-0.45份，盐0.02-0.03份。

一种制作上述的薄型面皮的方法：制作工艺依次为：(1)按上述重量配比将面粉与蛋清、盐一起搅拌，经反复揉合后制成光滑面团；(2)将制成的面团置于冷藏室冷藏；(3)将冷藏后取出的面团擀制成薄面皮并切割成形；(4)将成形的薄面皮蒸熟。在制作过程中将制成的面团最好置于-2℃-2℃的冷藏室10-30小时。将冷藏后取出的面团最好先搓成长条，再用擀面杖反复擀成形。上述蛋清为鸡蛋清，也可以是鸭蛋清或其他蛋清。

本发明的优点是：由于采用面粉和鸡蛋清、盐一起搅拌，经反复揉合成团，置于冷藏室冷藏，使面粉和蛋清、盐相互充分渗透，用这种方法制成的面皮可达到薄如蝉翼，软如绸缎，用500克面粉可制成5.5厘米×5.5厘米的面皮1500张-2000张馄饨皮，而现有技术一般只能制成100多张。擀成的面皮经蒸熟，使面皮中的蛋白质凝固，增加韧性，不易变形、粘连。这种薄形面皮可以用作包馄饨、烧卖、各种饺子等食品，也可制作汤，用本发明制成的食品，具有皮薄透明、馅清晰可见，吃口软滑，营养丰富，价格低、档次高的优点，将具有很强的商业竞争力。

下面结合实施例进一步叙述本发明的技术方案：

实施例1：

本发明具体制作方法依次如下：

(1)取1000克面粉、350克鸡蛋清、20克盐一起搅拌，经反复揉合后制成光滑面团；(2)将制成的面团置于冰箱的冷藏室10小时，温度-2℃左右；(3)

将冷藏后的面团取出，搓成细条或切成小块后，用擀面杖反复擀制成大的薄面皮，并根据需要的大小和形状切割成形；(4)将成形的薄面皮蒸熟即制成。

实施例 2：

具体实施依次如下：

(1)取1000克面粉、400克鸡蛋清、25克盐一起搅拌，经反复揉合后制成光滑面团；(2)将制成的面团置于冰箱的冷藏室20小时，温度1℃左右；(3)将冷藏后的面团取出，搓成细条或切成小块后，用擀面杖反复擀制成大的薄面皮，并根据需要的大小和形状切割成形；(4)将成形的薄面皮蒸熟即制成。

实施例 3：

具体实施依次如下：

(1)取1000克面粉、450克鸡蛋清、30克盐一起搅拌，经反复揉合后制成光滑面团；(2)将制成的面团置于冰箱的冷藏室30小时，温度2℃左右；(3)将冷藏后的面团取出，搓成细条或切成小块后，用擀面杖反复擀制成大的薄面皮，并根据需要的大小和形状切割成形；(4)将成形的薄面皮蒸熟即制成。